GO MEATLESS FOR DINNER WITH MUSHROOM STROGANOFF {page 17}

LUSH LIFE

RUSSELL BRAND KNOWS IT ALL TOO WELL {page 12}

VANCOUVER metro®

Wednesday, April 6, 2011
www.metronews.ca

News worth sharing.

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KRISTEN THOMPSON/METRO

Vancouver at 125

Public invited to partake in birthday cake and celebrations at Jack Poole Plaza today

▶ Kyra Whitburn, left, and Arielle Schwab hold edible replicas of the Gastown steam clock, Harbour Centre Tower, Art Gallery and Gassy Jack statue at Vancouver Community College yesterday. Dozens of landmarks will be adorning three massive cakes celebrating the city's birthday. Story, page 6.

Animal cruelty

Cull spurs harsher penalties

Province to act on all recommendations from sled dog task force, premier says {page 3}

Tough times

Aguilera admits to having rough year amid turmoil {page 13}

The seedy side of Las Vegas

Pair of new attractions capitalize on old ties to organized crime {page 14}

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Off-duty officer found guilty

A New Westminster police officer has been found guilty of attacking a newspaper deliveryman in downtown Vancouver two years ago.

Const. Jeffrey Klassen was charged after he assaulted Firoz Khan outside a Vancouver hotel.

Klassen and two other off-duty officers had been drinking for several hours, and while Klassen admitted to using force against Khan, he argued it was reasonable.

West Vancouver police Const. Griffin Gillan, who was also involved in the assault, pleaded guilty to assault and got a 21-day conditional sentence.

The third officer was not charged.

Klassen remains on paid suspension until an internal investigation is finished.

He is set to be sentenced next month.

KRISTEN THOMPSON/WITH FILES FROM THE CANADIAN PRESS

Byelection during federal race?

Premier Christy Clark isn't ruling out calling a by-election during the federal election campaign so that she can seek a seat in the legislature.

Clark is expected to go after the seat in the riding of Vancouver-Point Grey, which was left open after former premier Gordon Campbell left politics.

THE CANADIAN PRESS

PHYLICIA TORREVILLAS/FOR METRO

▶ MLAs Don McRae, left, and Terry Lake announce the findings of a sled dog task force at the SPCA in Vancouver yesterday.

Animal cruelty laws are about to get much tougher

Recommendations include increasing penalties up to $75,000 ◗ Special task force created after 100 sled dogs were slaughtered in Whistler last year

PHYLICIA TORREVILLAS
VANCOUVER@METRONEWS.CA

B.C. will act on all recommendations of its sled dog task force and will introduce Canada's toughest animal cruelty laws, Premier Christy Clark announced yesterday.

The task force, led by Kamloops-North Thompson MLA and Environment Minister Terry Lake, was created in February after the revelation of a massive sled dog cull in Whistler last year.

"Like all British Columbians, I was absolutely appalled when I learned of the tragic and senseless killings of those animals," said Clark. "The humane treatment of animals whether they're family pets or ... working animals is something that everyone in British Columbia cares very deeply about."

Those convicted of serious offences can face up to two years in jail and be fined up to $75,000 — a big jump from the current $10,000 fine and six months jail time.

The B.C. SPCA was also granted $100,000 to enhance its capacity to investigate animal cruelty cases.

The SPCA's investigation team plans to exhume the bodies of the slaughtered sled dogs for forensic evidence once the winter snow melts in Whistler.

1 news

On the web at metronews.ca

Canadian actress Kristin Booth says she had no hesitation about joining the beleaguered miniseries The Kennedys. Video at metronews.ca.

Follow us on Twitter @vancouvermetro

Tories come under withering fire for early social media stumbles. Scan the code for the story.

Schoenborn to take 'baby steps'

Man killed his three children ◐ Found not criminally responsible ◐ Crown says he's ready for partial freedom

The mental health of a Lower Mainland man found not criminally responsible for murdering his three children in Merritt has improved enough that he should be allowed escorted visits into the community, his lawyer and the Crown agree.

But Allan Schoenborn acknowledged yesterday he is not yet ready for full release from the Forensic Psychiatric Hospital in Port Coquitlam, where he has been receiving treatment for the past year.

"It's a long road from here to there, to have no more custody," Schoenborn told a B.C. Review Board hearing yesterday when asked why he wanted limited freedom, compared to the complete discharge he asked for last year. The review board reserved its decision.

Schoenborn was found not criminally responsible in February 2010 for killing his three children — ages five, eight and 10 — exactly three years ago.

Yesterday, he explained that he wanted the escorted visits, in part, to go to the mall and have a coffee.

"I can fade off into a nightmare that's not really happening. I figure there's something awry. I can't put my finger on it." ALLAN SCHOENBORN

"Baby steps. I can't jump too far — as I learned last year — too fast."

Schoenborn said he plans to keep taking his medication and perhaps look for some construction work.

When asked if he remembered killing his children, he said: "I feel awful about it. Terrible day."

Schoenborn, clean shaven and with short hair, was wearing a blue collared shirt, black pants and white shoes. He was mostly quiet during the hearing, a contrast to his profane outbursts during last year's hearing.

He said he understands he can get unstable and paranoid.

THE CANADIAN PRESS

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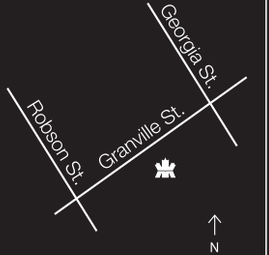
Twenty-five years ago, Rick Hansen made history by travelling across the globe in hopes of making the world more accessible and to help find a cure for spinal cord injuries. The **Royal Canadian Mint** is proud to have created a medal that embodies the spirit of the Man In Motion World Tour and celebrates the anniversary of this legendary journey. The Rick Hansen Medal will travel to China, the United States and across Canada, and will be carried by Medal-Bearers throughout the 25th Anniversary Relay to commemorate his historic achievement and inspire others to continue the journey of making positive change in the lives of others.

From April 6th to 10th, visit the Royal Canadian Mint Boutique on Granville for your chance to admire the Rick Hansen Medal up close and celebrate a quest to change the world.

Inspirée par la passion. Créée avec fierté.

Il y a 25 ans, Rick Hansen écrivait une page d'histoire en amorçant un périple autour du monde dans l'espoir de sensibiliser le public et trouver un traitement pour guérir les traumatismes médullaires. La **Monnaie royale canadienne** a fièrement conçu une médaille qui symbolise l'esprit de la Tournée mondiale Rick Hansen et souligne l'anniversaire de cette aventure épique. Ainsi, des porteurs de médaille parcourront la Chine, les États-Unis et le Canada afin de célébrer cet exploit historique et inspirer une nouvelle génération à passer à l'action pour avoir une influence positive sur la vie des gens.

Du 6 au 10 avril, visitez la boutique de la Monnaie royale canadienne sur la rue Granville. Vous pourrez ainsi y admirer la médaille du Relais du 25e anniversaire de la Tournée mondiale Rick Hansen et célébrer le désir d'un homme de changer le monde.



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- Saturday, April 9: 10:00am to 6:00pm
- Sunday, April 10: 11:00 am to 5:00 pm

Heures d'ouverture
- Mercredi 6 avril : 10 h à 18 h
- Jeudi 7 avril et vendredi 8 avril : 10 h à 19 h
- Samedi 9 avril : 10 h à 18 h
- Dimanche 10 avril : 11 h à 17 h

mint.ca/rickhansen | monnaie.ca/rickhansen

ROYAL CANADIAN MINT
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A look back at Vancouver's past

The city marks its 125th birthday today with many celebrations set to take place Lots has changed in the past 125 years

KRISTEN THOMPSON
@METRONEWS.CA

It was 125 years ago today that the powers-that-be incorporated the town of Granville — population 1,000 — and dubbed the bustling port community Vancouver.

The new city had a rocky start, starting with a fire that razed the town in 30 minutes.

But the people of Vancouver were plucky, picking up the pieces of their demolished city and rebuilding. Nearly 20 years later, Vancouver had grown from a few thousand to 100,000, and it hasn't slowed down since.

Mayor Gregor Robertson said the city's founding fathers — and mothers — would likely be impressed with how transportation infrastructure has brought the region together.

"(Back then) it would take the better part of a day to go from downtown to Marpole," he said. "Now, you take the Canada Line and can get there in 15 minutes."

"We've got some big goals for the near future ... (including) ending street homelessness by 2015, and being the greenest city in the world by 2020," he added.

"We're on track to do both and to achieve them would be major milestones that everyone could be proud of."

Celebrations

- **Street** hockey tournament starting at 2 p.m.
- **Live** performances start at 4 p.m., with taiko drummers, Vancouver Bach Choir and Bend Sinister.
- **Olympic** Cauldron will be re-lit in at 6 p.m. in conjunction with official ceremony and, of course, cake.

CITY ARCHIVES/KRISTEN THOMPSON/METRO

▶ The view of Granville Street looking south from Dunsmuir Street as it appeared in 1907, left, and yesterday, right.

Timeline

Vancouver: Blast from the past.

1859
- 'Gassy' Jack Deighton opens a saloon in what is now Gastown, and the city grows around it.

April 1886
- The town of Granville is incorporated as the City of Vancouver with a population of 1,000 people.

June 1886
- The new city burns to the ground in 30 minutes.

1889
- Original Granville Street Bridge is completed. Picture shows Granville Street Bridge and C.P.R. Kitsilano Trestle Bridge as seen from 7th Avenue and Birch Street, circa 1890.

1893
- The Hudson's Bay Company opens its first department store at Granville and Georgia streets. The store is still there today. Photo circa 1898.

1908
- The University of British Columbia opens it doors.

1925
- The Orpheum Theatre opens to the public. Photo shows women walking past the theatre on Granville Street sometime in the 1920s.

1938
- The Lions Gate Bridge is completed. In this photo workers install suspension cables at the south end of the bridge.

TIMELINE COURTESY OF GARVICK.COM
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4711 Kingsway
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3430 Brighton Ave.

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3278 Westwood St.
3000 Lougheed Hwy.
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DARRYL DYCK/THE CANADIAN PRESS

▶ Greens' leader Elizabeth May says she'll appeal to Canadians to put pressure on the other party leaders and the TV consortium in an effort to change their minds.

No May-bes ... She's off TV

Elizabeth May loses bid to join the leaders' debates

Election 2011

Elizabeth May has been thwarted in her last-ditch effort to convince the courts to give her a podium at next week's televised leaders' debates.

But the Green party leader is not giving up yet.

Federal Court judge Marc Nadon refused yesterday to make an emergency ruling on the case before the debates get underway. The short period of time wouldn't have allowed the court "to perform its duty in a satisfactory manner," Nadon said.

It was a body blow for the Greens, who got a major blast of publicity when May participated in the debates during the 2008 federal election.

The Greens will pursue the matter in the Federal Court of Appeal, even though the case can't be heard before the debates, May said. But she'll also be talking to her lawyer about whether there are "any legal avenues" that would allow the Greens to have the matter heard in court before then.

The consortium that runs the debates insists only parties with seats in the last House of Commons can participate.

The English-language debate is on April 12. The French-language debate will take place April 14.

THE CANADIAN PRESS

EN FRANCAIS

Iggy tells Quebec: You choose the PM

Liberal Leader Michael Ignatieff is asking Quebec voters to determine who'll be the next prime minister.

Ignatieff travelled to separatist Bloc Québécois territory in central Quebec yesterday in pursuit of his bid to unseat Stephen Harper's Tories.

The Liberal leader has been casting the May 2 election as a two-horse race, a fact of life he says Bloc Leader Gilles Duceppe has accepted.

Duceppe has noted that either Harper or Ignatieff would occupy 24 Sussex Drive.

"Even Mr. Duceppe understands that," Ignatieff said. "So what we've got to say to Quebecers is, you've got to choose here, folks."

Ignatieff went on: "I have respect for Mr. Duceppe. I'd never form a coalition with him, but he's a parliamentary colleague, duly elected."

Quebecers, he said, must "decide whether they want Prime Minister Harper or a Liberal prime minister."

THE CANADIAN PRESS

Tears as Tories eject two women

Two women have been ejected from a Tory event for perceived ties to the Liberals — a move Michael Ignatieff calls "un-Canadian."

The Liberal leader cites an incident Sunday in which the women had to leave in London, Ont.

One woman broke into tears after she and her friend were forced out, a report said.

The Prime Minister's Office is said to have apologized.

THE CANADIAN PRESS

Beware email scams: Experts

B.C. bookseller, Best Buy, Air Miles among Canadian victims in hacker theft of millions of email addresses

An online bookseller in Victoria is the latest victim of a security breach involving an American email marketing company.

In an email to customers, AbeBooks says it has been warned by Texas-based Epsilon, which handles the company's email, that email addresses of some AbeBooks clients have fallen into the hands of an unauthorized person. Epsilon says a rigorous assessment determined that no other personal information was compromised.

The breach was first revealed last week, when Epsilon cautioned retailer Best Buy and Air Miles E Reward Program members that millions of customers' names and email addresses had been hacked. Account information was not exposed, the company said.

Experts say that without passwords and other sensitive data, email addresses are of little use to criminals. But they can get past a spam filter and be used to craft online attacks.

AbeBooks urges clients to be cautious if they are asked for personal or account information in an email. THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
+52.19 (14,270.53)	+0.39¢ (103.75¢ US)

Oil	Natural gas 1,000 cu ft
–13¢ US ($108.34 US)	$4.231 US (–5.8¢ US)

Gold contracts $1,452.50 US (+$19.50 US)

Oceans. Five

▶ Sir Richard Branson launches Virgin Oceanic Expeditions at Newport Beach, Calif., yesterday. At left is the submarine that will take him to the depths of the world's oceans.

REED SAXON/THE ASSOCIATED PRESS

Staking out Virgin territory

Billionaire adventurer Sir Richard Branson plans to travel to the deepest parts of the world's five oceans in a single-man submarine. The Virgin Atlantic founder unveiled Virgin Oceanic Expeditions yesterday at Newport Beach, Calif. His plan is to build a larger submarine that will offer trips to tourists — for a sizable fee.

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Just sayin'

PAUL SULLIVAN

TAKE A LEAP: SAVE THE FROGS

If you're tired of saving the whales, why not try saving something completely different?

Save the frogs! World Save The Frog Day is April 29, and if ever a species needed a hand, it's the Kermits of the world. These days, it definitely ain't easy being green. More than 200 species of frog are now extinct, and we'll be down to no frogs in no time if we don't do something.

Did you know our increasing appetite for frogs' legs alone takes 100 million frogs out of the wild each year?

Or that Atrazine, a pesticide, turns male frogs into female frogs at only 2.5 parts per billion? And it's only one of 18,000 pesticides registered in the U.S.

You name it, it's a threat.

Frogs are hunted for their legs, but also for the pet trade and lab dissections. Bullfrogs, native to the eastern U.S., unfortunately have the meatiest extremities, so they are shipped all over the place. When they escape into the wild, they take over, and are now the alpha frogs in 15 countries, muscling out local species.

Not only that, two-thirds of imported bullfrogs carry the deadly chytrid fungus, which further contributes to the wipeout of local frog populations.

Do I even have to make the case that frogs are cool? Is there a man out there who isn't carrying around an inner boy who used to catch frogs, name them, carry them in their pockets and use them to scare girls?

If that's not cool enough for you, frogs are amphibians, the world's oldest land vertebrates, with a pedigree going back more than 360 million years, long before dinosaurs stomped around the planet.

Other frog facts: The world's smallest is the Brazilian sapo-pulga, or flea frog, less than half an inch long (10 millimetres). The world's largest is the goliath frog, which can grow to a foot long (30 centimetres) and weigh more than three kilos! Both (of course) are endangered; the flea frog by pesticides, and the West African goliath by human appetite and loss of habitat.

On World Save The Frog Day, take action by raising the consciousness of local restaurants that serve wild frogs' legs, or take in Toronto's Frog Leap-A-Thon. Here's my favourite frog folly: Students at Texas Tech will go for a Guinness World Record by organizing the largest gathering of people wearing frog masks ever.

Or you can just raise your frog flag high. Whatever, the frogs will thank you.

Of course, there's lot's more frog-saving info at savethefrogs.com.

Save the frogs!

Read more of Paul Sullivan's columns at metronews.ca/justsaying

Worth mentioning

ROME. Italian researchers said yesterday they will dig up bones in a Florence convent to try to identify the remains of a Renaissance woman long believed to be the model for the Mona Lisa.

If successful, the research might help ascertain the identity of the woman depicted in Leonardo da Vinci's masterpiece — a mystery that has puzzled scholars and art lovers for centuries and generated countless theories.

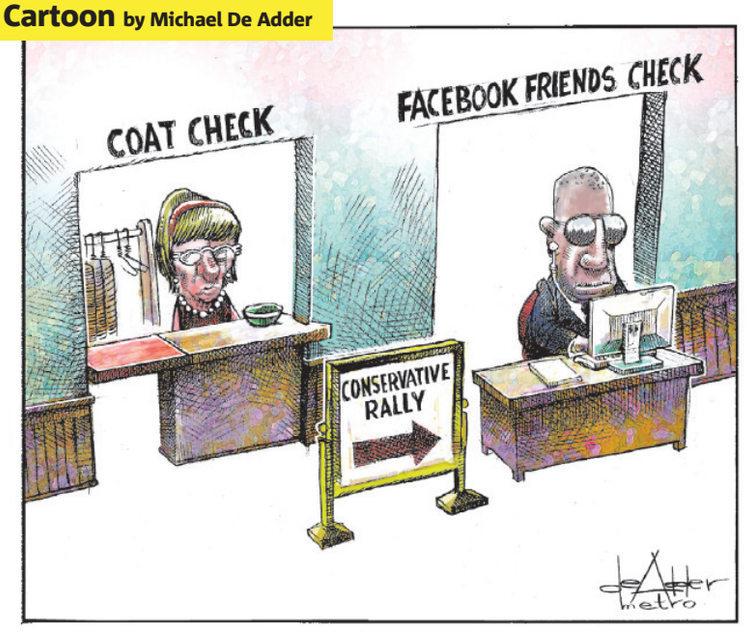
The project, launched yesterday, aims to locate the remains of Lisa Gherardini, the wife of a rich silk merchant named Francesco del Giocondo.

Tradition has long linked Gherardini to the painting, which is known in Italian as "La Gioconda" and in French as "La Joconde." Giorgio Vasari, a 16th-century artist and biographer of Leonardo, wrote that da Vinci painted a portrait of del Giocondo's wife.

Gherardini was born in 1479. A few years ago, an amateur Italian historian said he had found a death certificate showing she died July 15, 1542, and her final resting place is in central Florence.

THE ASSOCIATED PRESS

Cartoon by Michael De Adder



WEIRD NEWS

As long as the marriage isn't a disaster

Honeymoons aren't always easy for newlyweds, but six natural disasters?

When Stefan and Erika Svanstrom of Stockholm set out on their four-month-long honeymoon with their baby girl on Dec. 6, they say they got more than they bargained for: Immediately, they were stranded in Munich, Germany, due to one of Europe's worst snowstorms, he said.

But that was just the beginning.

After that, he said, they experienced the devastation of a cyclone in Cairns, Australia, and the flooding in Brisbane, and narrowly escaped the bush fires in Perth.

"We escaped by the skin of our teeth," Svanstrom said, recalling how they were evacuated in Cairns and were forced to spend 24 hours on a cement floor in a shopping centre with 2,500 others.

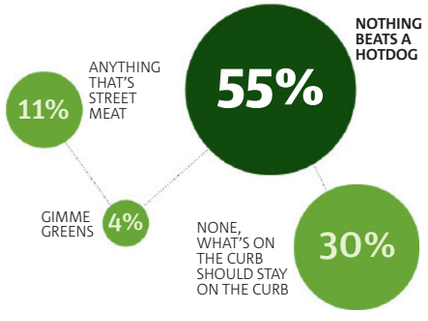
Just before they arrived in New Zealand, the 6.3-magnitude earthquake hit Christchurch and in Tokyo, they felt Japan's largest temblor since records began, he said.

Svanstrom said he also survived the devastating tsunami that hit southeast Asia in 2004.

THE ASSOCIATED PRESS

Take the poll online at metronews.ca

Eat St. debuts tonight on Food Network. What's your favourite street eat?



TODAY'S QUESTION: WHERE DO YOUR SMARTPHONE LOYALTIES LIE?

Local tweets

- **@D6MERIT:** Just drove by a seagull and 2 crows squaring up over a spilled ice cream in the street. Was thinking about pulling over and joining in.
- **@ubcnews:** Hey #UBC, if you care about transit, remember to comment on @Translink's #UBC Rapid Transit consultations before April 22
- **@iThinkOutLoud:** iPhone app "Eat St." tells you where all the #vancouver street food vendors are, and what they have. Pretty sweet!
- **@soldbysusanna:** 27 houses sold in #Vancouver #Main #Fraser area the last 30 days. 19 for over asking price. Average time on market = 2 weeks.
- **@truongdao:** Gas prices are ridiculous in #Vancouver #BC
- **@VanCanucks:** Happy Birthday, Roberto Luongo! #Canucks
- **@xoxoDARBZxox:** #Canucks will get their revenge against the Oilers tonight!
- **@bcrailtrial:** Quebec #hst deal $2.2B. BC deal $1.6B. Ontario gets $4.3B. What is the formula used to calculate the money? Electoral ridings? #bcpoli

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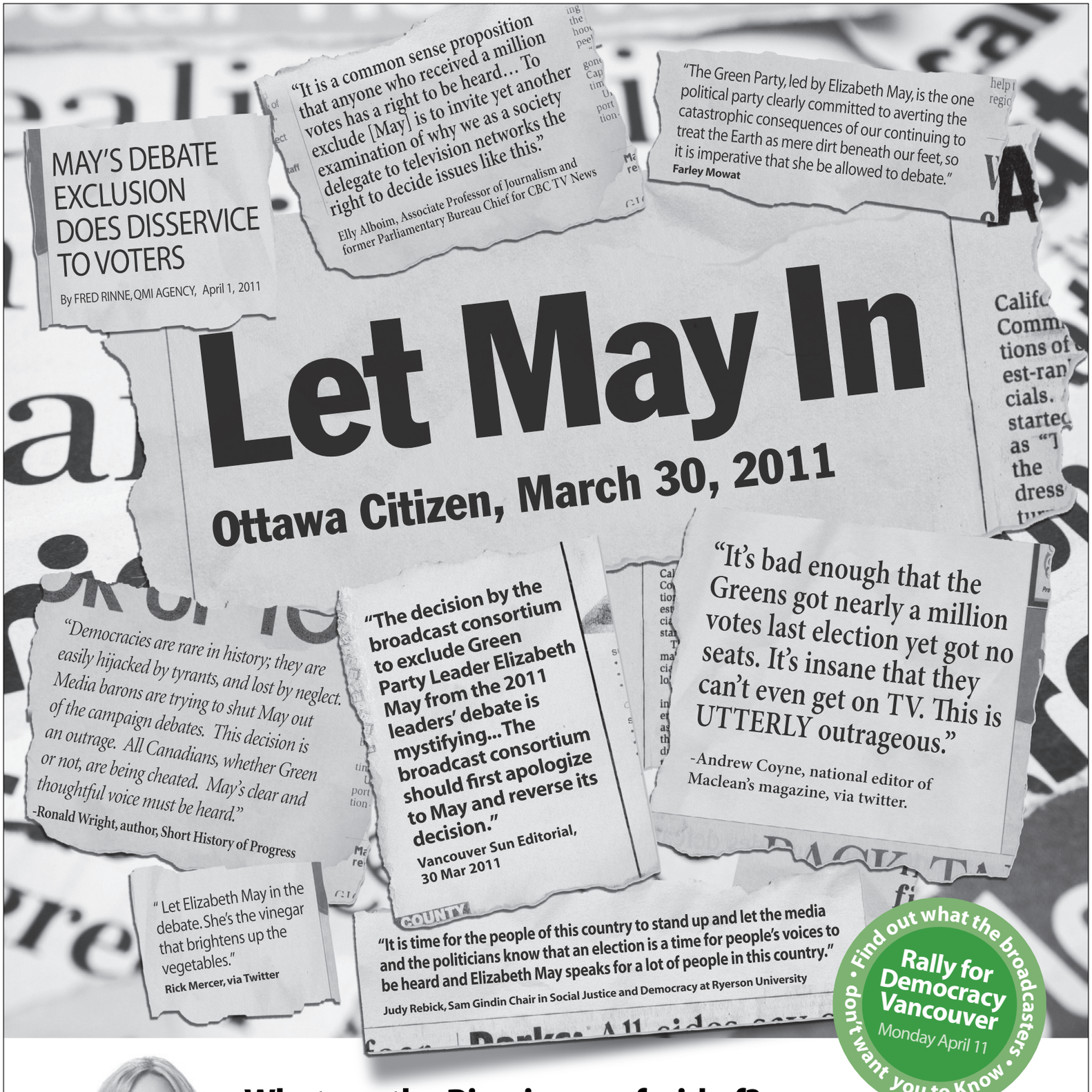

emayin.ca

What are the Bigwigs so afraid of?

The broadcast consortium has excluded Green Party Leader Elizabeth May from the 2011 leaders' debate. Demand democracy! Text "EMayIn" to 79999*. Demand an equal voice. Go to www.greenparty.ca for Rally details!

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2 scene

Comical

Peter Griffin and his long put-upon, but funny, family are heading to the pages of their own comic book series. Titan Comics and Twentieth Century Fox Consumer Products says the comic will be available in 2011.
THE ASSOCIATED PRESS

Stone Cold Steve Austin turned down 'Dancing With the Stars,' but supports Chris Jericho

In Focus

RICHARD CROUSE
SCENE@METRONEWS.CA

BRANDING A REMAKE ROLE

It's a dangerous business trying to recapture movie magic, but Hollywood execs keep trying

Thirty years ago Dudley Moore introduced us to Arthur, a lovable but drunken millionaire playboy about to married to a wealthy heiress he did not love. "I race cars, play tennis, and fondle women," he said, "but I have weekends off, and I am my own boss."

The movie, Arthur, was a giant hit coming in fourth in the year's box office, earning four Oscar nods, winning two and spawning the number one hit Arthur's Theme (Best That You Can Do).

It's available on DVD and holds up very well, which is why it is a bit baffling that a remake of the same name is hitting theatres this weekend starring Russell Brand. Remakes, of course, are nothing new. Hollywood has been recycling ideas since the beginning. For example, Cecil B. DeMille remade his own 1915 film The Golden Chance as Forbidden Fruit just six years later. The difference is that back then there was no portable archive of movies available on Blu Ray or streaming video. Take a good story, repackage it and hopefully do good at the box office. Later, in the pre-home video years, remakes were a way to breathe some life into older movies. But times have changed. Now, via Netflix, On-Demand and Blu Ray, it's easier and cheaper than ever to seek out and see movies like the original Arthur. So what's the point of the remake?

Well, for one thing, it's a perfect role for the impish Russell Brand and, for another, it's always great to see his co-star Helen Mirren on screen. And who knows? Maybe it's better than the original. It wouldn't be the first time.

With so many remakes — past, present and future — perhaps philosopher Raoul Vaneigem was right when he said, "Our task is not to rediscover nature but to remake it."

ETHAN MILLER/GETTY IMAGES

▶ Russell Brand stars in the remake of Dudley Moore's Arthur.

A connection to his character

▶ Russell Brand credits hard partying years as reason for success at role ▶ Admits a fondness for his co-star

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

For comedian Russell Brand, updating the drunken, childish millionaire made famous by Dudley Moore 30 years ago in Arthur came naturally — perhaps a little too naturally.

"I'm such a thorough actor that I did two decades of research into alcoholism just to make sure it was 100 per cent right," jokes Brand, himself a recovering alcoholic and drug addict. "The difference of course is that Arthur is a fictional alcoholic and has much more latitude for clowning and fun, and often his adventures don't lead to broken glass and howling women."

Playing opposite Greta Gerwig was a treat, Brand admits.

"We saw loads and loads of different actresses, which was all right — but of course I was already on the way to getting married then, so I couldn't enjoy it like the good old days, where auditions had a rather more primal quality," Brand jokes.

But there was something about Gerwig's reading that left an impression.

"Afterward I was sitting quietly and (director) Jason (Winer) said, 'Oh, what's the matter?' I said, 'I feel sad now that she's gone,'" Brand says. "And it's because I enjoyed playing with her. She has such a brilliant imagination, she's a great improviser with a wonderful understanding of comedy, a wide range of ideas, peculiar choices — but good peculiar."

Gerwig even admits that she's developed a serious crush on her co-star, Something Brand smarts at the notion of.

"Can't do nothing about it now. Just useless," he says. "Just a wonderful, useless thing, like a yacht in the middle of Idaho."

ALL PHOTOS GETTY IMAGES FILES

▶ Katie Holmes and daughter Suri

Big plans for Suri's birthday

Mom Katie plans pool party, piñata for 5th birthday bash

Katie Holmes is gearing up for daughter Suri's birthday.

"She's turning five in about two weeks. She wants a piñata and her girlfriends to come over [and go] swimming. We're gonna make a cake together," Holmes tells Ryan Seacrest during a radio interview.

"This is my favourite day of the year. So we're gonna have a little tea party, and I like to girl it up."

METRO

▶ Christina Aguilera

Aguilera: Not the best year

Christina Aguilera is willing to admit that, between her divorce, botching the National Anthem at the Super Bowl and getting arrested for public intoxication, she's been having a rough year.

"There have been obvious setbacks. It's a life-uprooting time and there have been hiccups along the way that unfortunately the whole world gets to witness and judge," Aguilera says, according to Us Weekly.

"I can laugh about my own hiccups and my own experiences in life because I'm getting through it."

METRO

Celebrity tweets

@gypsyhearttour

"Do not fear...the Sheenius is here!" I'm not gonna lie. I came back to twitter for 2 reasons. My fans and to follow @charliesheen"

@justinbieber

"sick show in Berlin ...brought @studio mama on stage 2 sing her happy bday but she lit her hair on fire with the candles. lol. i saved her"

@kirstiealley

"Party girl? not so much tonight... BUT I did get a tattoo and I love it....and I had fun"

@ConanOBrien

"If I'm ever a ghost, I hope the person I haunt has Netflix."

Franco: Twitter is so over

After a brief foray into Twitter, James Franco is over the whole concept.

"Social media is over. Still up there. Going down. You heard it here first," Franco says, according to Politico. The actor, who live-Tweeted during his Oscars hosting gig, has made his own account private. "My thought was, 'This is my Twitter. I can do whatever I want.' But certain companies I work with contacted me about what I was saying," he explains.

METRO

Ashley Judd memoir: Childhood was chaos

In her new memoir, Ashley Judd recounts the turmoil she suffered being the daughter of a working musician.

"My mother, while she was transforming herself into the country legend Naomi Judd, created an origin myth for the Judds that did not match my reality," Ashley writes, according to Radar Online.

"I was taught to believe that our lifestyle was normal and never to question it or complain, even when I was left alone for hours, sometimes days at a time, or when I was passed without warning to yet another relative."

Ashley reveals that "there was always marijuana inside the house" and her father, Michael Ciminella, "was prone to taking hallucinogenics with friends on Saturday nights."

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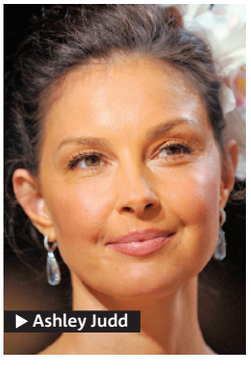
▶ Ashley Judd

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3 life

JULIE JACOBSON/THE ASSOCIATED PRESS

▶ A limo once belonging to mobster Bugsy Siegel is seen on display at the Mob Experience at the Tropicana Hotel and Casino in Las Vegas. The Mob Experience is an interactive attraction featuring gangster memorabilia and commentary from film mobsters James Caan, Mickey Rourke and Frank Vincent.

Vegas embraces its organized past

Speakeasies, bootleggers, gun-wielding crime bosses and tough-guy accents pay homage to Las Vegas' mob roots in a pair of new attractions showcasing Sin City's criminal history.

An interactive attraction featuring gangster memorabilia and commentary from film mobsters James Caan, Mickey Rourke and Frank Vincent opened last week on the Las Vegas Strip. And Las Vegas Mayor Oscar Goodman, a former mob defence lawyer, plans to launch his Las Vegas Museum of Organized Crime and Law Enforcement later this year. For Las Vegas, the attractions represent an unprecedented embrace of its infamous founders.

JULIE JACOBSON/THE ASSOCIATED PRESS

▶ Actors playing mobsters act out a scene at the Mob Experience at the Tropicana in Las Vegas.

"What differentiates us from any other city is our history," Goodman said. "This is the story of America."

The desert oasis made famous by scantily-clad showgirls, ubiquitous slot machines and 24-hour happy hours has long celebrated its reputation as a haven of vice, but its relationship with the mob has taken a few hits in recent years. The city that once proudly boasted of its ties to organized crime — Goodman played himself in the 1995 mob movie Casino — has instead promoted its family-friendly restaurants and Broadway shows for the past decade.

No more.

The Tropicana casino and hotel, a one-time hangout for organized crime now more known for its bargain-counter room rates, celebrated its new "Mob Experience" attraction last week with a red carpet party attended by the son of Tony "The Ant" Spilotro, the inspiration for the bloodthirsty Joe Pesci character in Casino.

The sprawling casino attraction features the diary of mobster Meyer Lansky, Spilotro's gun and family photos and home movies from other infamous criminals.

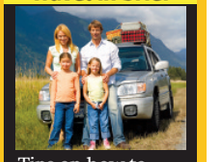
Visitors are greeted by life-size holograms of chatty gangsters and a chance to get "made."

The publicly-funded mob museum, meanwhile, is slated to open in December at a downtown Las Vegas courthouse where a detailed mob hearing that helped expose organized crime to ordinary Americans was held in 1950.

The $42 million museum started as an effort to save one of Las Vegas' few historic buildings. It's amassed a wide collection of gangster artifacts, including the wall from Chicago's St. Valentine's Day massacre, the only gun recovered at the mass shooting and the barber chair where hit man Albert Anastasia's life came to an end in 1957.

THE ASSOCIATED PRESS

Travel in brief



Tips on how to deal with long car trips.

• Pack several different entertainment items suited for each child. When they tire of one, they can move on to the next.

• Pack healthy snacks that your kids enjoy. Time travels more slowly when you're hungry.

• Stop and smell the roses: scenic look–outs and picnic areas are great places to let kids burn off some of that boundless energy. NEWS CANADA

Gulf Coast tourism officials 'cautiously optimistic' about prospects for 2011

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A fresh look at Canadian food

Our huge country boasts stunning natural assets, from landscapes to abundant wildlife, much of which makes for great dining Have you tried tasty lobster, beaver tails, and of course poutine or maple syrup?

VINCENT FORTIER
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METRO WORLD NEWS IN MONTREAL

Canada is so vast, and its inhabitants come from such different horizons, that it would be impossible to sum up its cuisine in just one dish.

What you'll find in Vancouver, where more than 30 per cent of the population is Asian, is completely different from the traditional inspired food in Quebec.

One word may link our cuisine: locavoracious, an interest in locally-sourced food. Indeed, fresh, seasonal and local products hugely inspire chefs from coast to coast to coast.

That may explain the popularity of the public markets throughout the country, whether it's St. Lawrence Market in Toronto, Marché Jean-Talon in Montreal or Granville Island Market in Vancouver.

Once described as old-fashioned, Canadian gastronomy is now innovative.

Forget the meat pies and the maple-syrup-celebrating sugar shacks, and say hi to avant-garde cuisine. Sure, it's great to taste the classics like Montreal's bagels or smoked meat, Ottawa's beaver tail or Acadian rappie pie, made with grated potato — and you'll always find a touch of the past on the menus here — but the new generation of chefs are looking forward.

For more information check out canada.travel

Gourmet tips

- Don't look for street food in Montreal as it is not permitted. But don't worry; you'll be able to have a hot dog in the streets of Toronto or Vancouver!
- Our cities are amongst the most cosmopolitan in the world. So you'll find a lot of good foreign cuisine. Chinatowns in Vancouver, Toronto and Montreal are amazing.
- Although you'll find a lot of good microbreweries throughout the country, Canada is not only a beer land. Okanagan valley in British Columbia produces the best Canadian wines. In Quebec, you'll find a sweet delicacy: ice cider and ice wine.

CONTRIBUTED

▶ The are great public markets pop up all over the country.

The most influential foodies around the world now often list Canadian cities, including Montreal, Toronto, Calgary and Vancouver, as must-go-to destinations, thanks to their inspiring restaurants.

For example, Chef Michael Dekker, from Rouge restaurant in Calgary — one the best in the world — serves a Beet Cured Halibut Gravlax with Pea Shoot Salad and Almond Crunch.

Montreal's Toque! chef Normand Laprise serves a Suckling pig shoulder with onion bacon, celeriac purée and apple sauce.

One of the best "locavore" experiences in Canada may be found two hours outside of Toronto in Singhampton.

The pig that Chef Michael Stadtländer serves at Haisai is raised on the land, butchered in the kitchen and smoked and dried for a year on the restaurant's own farm.

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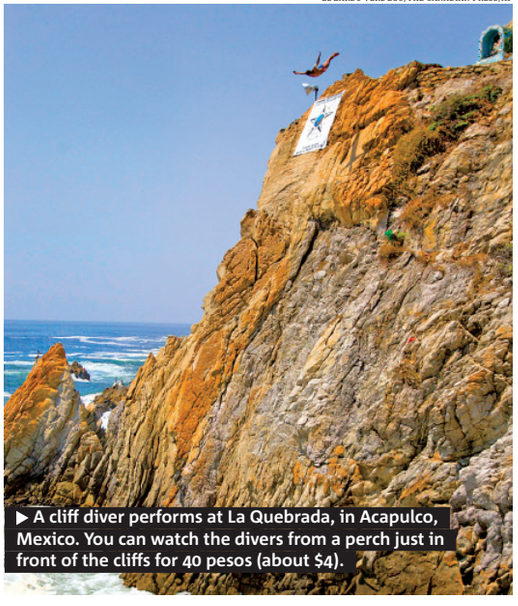
Acapulco's been a tourist draw for good reasons

The amazing cliffs are just a small part of what makes this Pacific-coast city such a hot destination

EDUARDO VERDUGO/THE CANADIAN PRESS/AP



▶ A cliff diver performs at La Quebrada, in Acapulco, Mexico. You can watch the divers from a perch just in front of the cliffs for 40 pesos (about $4).

John Wayne slept here.

And so did Tarzan, or at least Johnny Weissmuller, the man who created the famous yodelling call used by every successive loincloth-clad, vine-swinger in Hollywood.

"Here" is Los Flamingos, a tiny pinkwashed stucco hotel, perched about 275 metres above the Pacific Ocean, on the edge of the cliffs that form part of Acapulco's Old Town.

"This way, that's Tarzan's round house," says Carlos Serrano, the cab driver who brought me to one of the symbols of what Acapulco once was — a playground for the rich, the famous and, most of all, for Hollywood stars.

Weissmuller, an Olympic gold-medal-winning swimmer, wasn't the first Tarzan, but he became the best known and played Edgar Rice Burroughs' jungle-raised ape man in a dozen films.

The cool wind off the Pacific, even on a 30-degree-plus day, is a reminder of why the location was great in an age before air conditioning. Now however, all the action has moved down the hill directly to the bay itself.

There, and at the Diamante resort area just southeast of Acapulco proper, are the huge hotels, condominiums and time-shares that still swell Acapulco's native population with thousands of visitors.

It's easy to see the attraction the ancient city on the Pacific holds for visitors. Checking the winter weather forecast seems pointless when the chances are 10-to-1 it will be 30 and sunny. OK, sometimes it's 32 and sunny.

Acapulco is a city of ups and downs once you move away from Costera Miguel Aleman, the broad boulevard choked with traffic that runs along the beach. There are hillside discos where you can dance the night away and first-class restaurants that show off Mexican and international cuisine. THE CANADIAN PRESS

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Can mushrooms bring out the love?

LARRY CROWE/ THE ASSOCIATED PRESS

▶ This stroganoff is great served over brown or red rice as well as mashed potatoes or the more traditional noodles.

Spicy Moroccan soup, South African bobotie, lentil curry from Nepal, even Mexican burritos.

When you're looking to cook up some vegetarian love, the world's cuisines offer plenty of ways to stimulate the senses.

"It's a lovely way to do it, especially if you've been somewhere and you want to recreate a magical moment," says Troth Wells, author of One World Vegetarian Cookbook.

Oysters and steak with bearnaise have long been the standard for "romantic" meals, but Wells says the inherent sensuality of vegetables will tickle the senses without leaving you too full to frolic after.

And then there are the spices. Considered aphrodisiacs by many ancient cultures, spices such as nutmeg are said to increase amorous function. Chili releases endorphins, while cinnamon, cardamom and cloves have historically been considered erotic scents.

"Like diamonds and perfume, anything that's expensive and requires some dangerous exploits to get it has some sexual excitement to it," she says.

Mushroom Stroganoff

Preparation:

1. In a large skillet over medium-high, heat oil. Add onion and sauté for 4 minutes. Add garlic and sauté for another 30 seconds.
2. Increase heat to high and add mushrooms, paprika and nutmeg. Sauté for 10 minutes or until mushrooms are soft and brown.
3. Add wine and vinegar, stir well. Bring to simmer, reduce heat, cook for 5 minutes. Stir in cilantro, creme fraiche. Season with salt and pepper. Serve over rice, potatoes or noodles. **THE ASSOCIATED PRESS/ RECIPE ADAPTED FROM ONE WORLD VEGETARIAN COOKBOOK BY TROTH WELLS (INTERLINK, 2011)**

Ingredients:

- 30 ml (2 tbsp) canola oil
- 1 medium yellow onion, thinly sliced
- 4 cloves garlic, crushed
- 500 g (1 lb) button or mixed mushrooms, sliced
- 5 ml (1 tsp) paprika
- Pinch nutmeg
- 125 ml (1/2 cup) white wine
- 15 ml (1 tbsp) balsamic vinegar
- 30 ml (2 tbsp) fresh cilantro
- 90 ml (6 tbsp) creme fraiche
- Salt and black pepper

A grip on the grind

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TINA CHADHA
LIFE@METRONEWS.CA

If most days at work your to-do list is left undone, you drag assignments home when you should be relaxing and 500 or so unread e-mails point their fingers at you every time you open your inbox — then it's time to get organized. Laura Leist, an organization and productivity consultant, gives us tips:

1 "It's always best to plan for the next day at the end of day," says Leist. "I say pick three really important things that you need to get done. A lot of times people pick too many things to do and they feel like nothing is accomplished."

2 "Once you picked your three tasks, those are things you should do first." She recommends holding off on the little things you can scratch off the list first. "You want to work toward getting the bigger stuff done."

3 "It's unrealistic to say you're going to work on a project for eight hours in the day, because things always come up," says Leist.

"It's more realistic to say, 'I'm going to spend two or three hours a day on this project.' In that way you'll have other time during those days to work on other projects, too."

4 Implement a task-management system — and use it daily.

"You need something to keep track of the current things you're working on and a place to store your ideas for future projects," says Leist.

She suggests applications such as TeuxDeux.com, RememberTheMilk.com and ActionMethod.com.

5 "Use your calendar to schedule projects you are working on, meetings and networking things you're going to," says Leist.

This way, you can look back at the end of the day or week and see what didn't get accomplished. Then move those tasks forward to the following day or week.

Dr. Twitter, please help

Medically-minded Twitterers are spreading important info via the web

CHRIS YOUNG/THE CANADIAN PRESS

▶ Colleen Young says #hmsca Twitter followers discuss topics such as how to use doscial media to get health conversations started in rural areas.

Keeping up to date on the barrage of medical information available online can be daunting, and health-care professionals are now turning to social media to figure out how to make it easier.

Every Wednesday, as many as 70 health-minded Twitterers meet online to debate — in 140 characters or less — the best ways to use the web to get accurate information to those who want it, without overwhelming them with an unmanageable number of tweets or viral videos.

"There are a lot of people and organizations struggling with how to do that on social media, in health care in particular," said Colleen Young, who started the Healthcare Social Media Canada (#hcsmca) group last September.

Getting health-care professionals and the public talking will help organizations understand what kind of online content users find most valuable, explained Young, a freelance medical writer for cancer organizations and patients.

"There are very definite ways that they want to get public health messages."

Young said that patients are more interested in a two-way conversation with health providers. Rather than being bombarded by only links to a new anti-smoking campaign or research on healthy eating, users want to share their own news or opinions with health-care groups and hear back if they find it interesting. **THE CANADIAN PRESS**

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PowerPoint prowess

Click, click, click, snooze? Keep your colleagues awake with these tips

DREW HINSHAW
LIFE@METRONEWS.CA

ISTOCK

▶ Wake up those workers!

When the moment comes to deliver a sales pitch or propose a project, all too many speech-shy professionals fall back on what may be the modern world's most tedious way to present an idea: PowerPoint.

Speech coaches say there's no better tool for turning a slide show into a drag.

"I myself like PowerPoint, I just don't like what people do with it," bemoans Elayne Snyder, public speaking expert. "They put a whole bunch of stuff up on the screen, which is the worse thing there is to do."

Cramming your slides with fine text could make your PowerPoint feel power pointless. To avoid the temptation, script your speech on a scrap of paper.

"Don't put together your presentation in PowerPoint," speech coach Patricia Fripp recommends. "Build it on a pad of paper, a white board, or on a flip chart, and then ask yourself, where absolutely must I add the PowerPoint?"

"When delivering the presentation never look at the screen. People don't want to see the back of your head."
ELAINE SNYDER, PUBLIC SPEAKING EXPERT

With a good script, you might be surprised how little you need it.

"If you're engaging the audience, and you're telling a story, you won't need PowerPoint," she says. "But if you're looking to illustrate a point, you might want to have a chart, or a graph, or a diagram. Or, if it's a learning session, you just put bullet points of what you want people to remember."

One of the biggest dangers in using a slide show in a pitch isn't what it does to your speech – it's what it does to your body language.

"When delivering the presentation, never look at the screen," Snyder stresses. "People don't want to see the back of your head."

Fixating your eyes on the audience in front of you conveys confidence, she adds. And long after that audience has forgotten the contents of slide 27 — or how quirky the animated .gif was on slide 42 – they will remember the impression they took away of you.

"A speech is all about building rapport with the audience," Fripp concurs. "If the audience is reading your PowerPoint, then they can't listen and pay attention to you."

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metro life panel

Mom, that snack's just not healthy for you

Meet Mrs. Ciccarelli's Grade 3 class, a passionate crack team of junior nutritionists

If you are browsing for cereal in a Thornhill grocery store, you may be stopped by a boy or girl from Mrs. Ciccarelli's Grade 3 class.

Her 19 students at St. Michael Catholic Academy have been learning about healthy eating and are eager to share their knowledge.

Cereals — and how to choose a nutritious one — are one of their areas of expertise.

Mrs. Ciccarelli's students also know how to read ingredient lists and decode nutrition labels on food packaging.

They know produce that comes from faraway countries is not as good — for you or for the environment — as fruits and vegetables grown close to home.

And they know to be wary of suspicious nutrition claims and foods that are riddled with artificial colours and flavours.

A visitor to Mrs. Ciccarelli's class will learn a lot from the students.

Healthy eating is part of the Grade 3 curriculum, which primarily focuses on Canada's Food Guide. For Fran Ciccarelli, the standard information wasn't enough.

TORSTAR

▶ Mrs.Ciccarelli's students know it pays to pay attention to nutrition labels.

"The students only needed to know the four food groups and some examples of foods that are healthy and what are not," she says. "I take it one step further. Once we start looking at food labels, the kids ask more and more questions and it just snowballs from there."

One of the students' favourite class exercises is to investigate the ingredients of popular grocery store foods. They were recently shocked to find out a yogurt drink did not contain actual yogurt.

"When we looked at the ingredient list we found it has cream in it, but no yogurt," Ciccarelli says. "That's the kind of thing we do.

"One of my goals is to have the students question what they are buying, and what they are putting in their bodies."

In all the lessons, Ciccarelli says the goal is to encourage healthy choices. She tells them there are foods that should be eaten every day and others that should be saved for a special treat.

"With the kids, we talk about things like if you are at an airport and need to eat a meal, you have to learn how to make the best choice out there. Sometimes the best isn't great, but it's the best you can do at that time and that's okay."

Ciccarelli says teaching 8- and 9-year-olds about healthy ingredients and the dangers of too many calories is as important as reading, writing and arithmetic.

She hopes her students take that knowledge with them, to the cereal aisle and beyond.

"It's never too young to learn. Never."

TORSTAR NEWS SERVICES

Kids know best

Grocery 101s from Grade 3s

- **Maya Piasecki:** "If there is lots of colour and lots of advertisements, like puzzles, on a package don't take that one. Take ones that are plain. Don't fall for advertisements."
- **Olivia Thalassinos:** "If sugar is the first ingredient it's not that healthy for you so you shouldn't have that much of it."
- **Jordan Macedo-VanHorne:** "Don't eat foods with food colouring because they are bad for you."
- **Natalie Matthews:** "Eat lots of dark greens."
- **Christian Cuda:** "Greens are the best for you, so always have that with a meal. Like maybe a salad."
- **Angeline Zaikos:** "If there is artificial flavour in it, you should really think about getting it or not. Because they are adding more flavour to make it taste alright. You wonder what good stuff is not in it."
- **Mark Stephenson:** "If you have a choice between a hot dog or steak and vegetables, pick steak and vegetables. It's more natural."

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STEER CLEAR OF THE WEB-BASED LAWYER

People often get exactly what they pay for. This is as true in law as it is in life. Here is one story that should give people pause when they are offered legal services over the Internet.

Recently, a couple came to me seeking a second opinion following a dispute with a temporary contractor they hired, or so they thought.

They had found a lawyer online, selling precedent "contracts" at a discount. Since this couple was new to their business, they were unfortunately drawn to this lawyer's website, believing they would get a solid product without spending money on a lawyer's time

The couple explained that they had sought to hire an individual contractor to complete a few tasks. After that, they would not need him anymore.

They swiftly purchased one of this lawyer's "contracts" online and gave it to the individual to sign, not realizing that what they had purchased was much different from what they actually needed the contractor to sign.

After he had completed his tasks within the first six months, the contractor's job was done. No problem there.

However, the contract they had signed guaranteed him one year's worth of work.

Even though the individual was no longer needed, when the couple attempted to end his employment early, he demanded pay for the remaining six months, arguing that his contract was for a defined term.

The problem is that the contract they bought online did not allow them to end the job early without paying for the remaining time on the contract (something that most employment lawyers should spot as a matter of course) and, worse yet, the lawyer who sold it to them had not bothered to discuss that with them, since they never even met!

As this couple now owed the contractor twice the fee they initially expected to pay him, the "contract" they bought online ultimately cost them much more than they paid for it.

What should the public do? Avoid purchasing legal products over the Internet, however tempting that may be.

There are few rules that limit lawyers without much experience in employment law from professing that they practise it on their websites and in the media – and unfortunately they do, often to the public's detriment.

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Quoted

"It seems that everyone has pretty much got Mickelson in the green jacket Sunday evening and there's not much use in turning up at this point."

U.S. OPEN CHAMPION GRAEME MCDOWELL ON PHIL MICKELSON BEING THE FAVOURITE TO WIN THE MASTERS.

Shut. Out

▶ The Oilers' Chris Vande Velde hits the Canucks' Keith Ballard in Edmonton last night. Vancouver has lost two in a row after winning 12 of 13 to clinch the Presidents' Trophy for first overall in the league.

THE CANADIAN PRESS

Best in the West? Oilers not impressed

Devan Dubnyk made 26 saves as the last-place Edmonton Oilers played giant killers once again, defeating the Vancouver Canucks for the second consecutive game with a 2-0 victory last night.
Ryan Jones and Magnus Paajarvi scored for the Oilers (25-43-11), who also beat the Canucks 4-1 last Saturday to end their 11-game winless streak.

Opinion

JOHN GRIGG
THE HOCKEY NEWS

CANUCKS PLACE HOPES IN DEPTH

There aren't many teams in the NHL that could sustain the loss of their top faceoff man and No. 1 penalty killer. But if any can, it's the Canucks — the best bet to win Canada's first Stanley Cup since 1993.

"We're all feeling it because we have a little bit of depth in our organization," Canucks great Stan Smyl told THN. "And the fans see it, too. So there is that optimism for everyone out there now."

Smyl was being modest. The Hockey News picked Vancouver to go all the way, way back in July and again just recently for our playoff preview. Manny Malhotra's horrific eye injury a week before we closed that issue of the magazine couldn't even change our minds.

Depth is this team's strong suit. Our playoff preview cover boy Roberto Luongo patrols the paint, but backup Cory Schneider actually has a better save percentage. The Hart, er, Sedin Twins lead the attack, but have scored just five more goals combined than second-line stalwarts Ryan Kesler and Mikael Samuelsson. Despite a string of injuries that has seen the Canucks dress 13 different defencemen — preventing the top-six blue-liners from getting much chance to play together — this is the best defensive team in the league.

Smyl is right, there is a lot of optimism among the Canucks and their fans, and there should be. But with that optimism comes pressure.

"It would mean a lot to the fans," Smyl said. "I guess because of it being the 40th anniversary and seeing the success this team has had and seeing some of the success that's been missed over the years. And to finally be a legitimate contender and winning the Presidents' Trophy kind of rewards the fans.

"But the job's not done until you win the Stanley Cup."

Therein lies the rub: This team has been favoured to go further than it has each of the past two seasons, but has faltered. These players have been left wondering for two years now what more they could have done to take their team further. For this team, right now, anything short of a Cup win will be another failure.

The Canucks are better this year than the past two, and maybe better than ever. Now they have to show it.

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y-Washington	80	47	22	5	6	219	194	105	24-8-2-6	23-14-3-0	7-2-0-1	W3
dx-Philadelphia	80	46	23	4	7	249	215	103	21-12-2-5	25-11-2-2	3-4-0-3	L4
y-Boston	79	44	24	5	6	238	189	99	20-13-3-3	24-11-2-3	5-3-1-1	L1
x-Pittsburgh	80	47	25	5	3	225	196	102	25-14-2-0	22-11-3-3	7-3-0-0	W2
x-Tampa Bay	80	44	25	5	6	237	236	99	24-11-1-4	20-14-4-2	5-3-1-1	L1
x-Montreal	80	43	30	4	3	210	205	93	24-11-3-3	19-19-1-0	5-5-0-0	W2
Buffalo	80	41	29	9	1	236	222	92	20-16-3-1	21-13-6-0	7-1-2-0	W2
NY Rangers	80	43	32	2	3	228	193	91	19-16-1-3	24-16-1-0	7-2-0-1	W2
Carolina	79	38	30	6	5	225	232	87	21-13-3-2	17-17-3-3	7-2-1-0	L1
Toronto	80	37	32	5	6	215	243	85	18-14-3-5	19-18-2-1	7-2-0-1	L1
Atlanta	79	33	34	5	7	217	258	78	17-15-2-5	16-19-3-2	4-6-0-0	L2
New Jersey	79	36	38	3	2	165	200	77	20-16-2-1	16-22-0-2	3-6-0-1	L2
NY Islanders	79	30	37	7	5	220	250	72	17-18-1-4	13-19-6-1	3-5-2-0	L1
Ottawa	80	31	39	5	5	188	245	72	15-20-2-3	16-19-3-2	5-3-0-1	W1
Florida	79	29	38	5	7	190	220	70	15-17-4-4	14-21-2-2	1-6-0-3	L8

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	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
p-Vancouver	80	52	19	4	5	254	183	113	26-9-1-4	26-10-3-1	7-3-0-0	L2
y-San Jose	79	47	23	4	5	240	202	103	24-11-2-3	23-12-2-2	8-1-0-1	W4
y-Detroit	79	46	23	6	4	255	231	102	21-13-4-2	25-10-2-2	5-3-2-0	W2
Nashville	80	43	26	7	4	215	191	97	23-9-5-3	20-17-2-1	8-1-1-0	W1
Los Angeles	79	45	28	4	2	214	191	96	24-12-3-0	21-16-1-2	6-3-1-0	L1
Phoenix	79	42	25	7	5	224	217	96	20-13-4-3	22-12-3-2	7-2-0-1	L1
Anaheim	79	44	30	3	2	228	231	93	24-13-1-1	20-17-2-1	7-3-0-0	L2
Chicago	79	42	28	4	5	247	216	93	23-16-0-0	19-12-5-4	5-4-1-0	L2
Dallas	79	40	28	4	7	217	224	91	21-11-3-5	19-17-1-2	3-4-2-1	W2
Calgary	80	40	29	4	7	242	233	91	22-13-1-3	18-16-3-4	4-4-1-1	W2
St. Louis	80	37	33	4	6	235	230	84	22-13-1-4	15-20-3-2	6-3-0-1	W2
Minnesota	79	37	34	3	5	198	224	82	18-17-2-3	19-17-1-2	2-7-1-0	L2
Columbus	80	34	33	5	8	210	249	81	17-18-1-4	17-15-4-4	2-5-2-1	L4
Colorado	79	29	42	7	1	219	278	66	15-20-4-0	14-22-3-1	3-7-0-0	L2
Edmonton	79	25	43	2	9	188	256	61	13-21-1-5	12-22-2-3	2-6-0-2	W2

x — clinched playoff berth; y — clinched division title; d — division leaders; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL or SOL columns.

Last night's results
Edmonton 2 Vancouver 0
Montreal 2 Chicago 1 (OT)
Ottawa 5 Philadelphia 2
Washington 3 Toronto 2 (SO)
Buffalo 4 Tampa Bay 2
Dallas 3 Columbus 0
Nashville 6 Atlanta 3
Pittsburgh 4 New Jersey 2
St. Louis 3 Colorado 1
Monday's results
N.Y. Rangers 5 Boston 3
San Jose 6 Los Angeles 1

Tonight's games
N.Y. Islanders at Boston, 7 p.m.
Toronto at New Jersey, 7 p.m.
Florida at Washington, 7 p.m.
Detroit at Carolina, 7 p.m.
St. Louis at Chicago, 8:30 p.m.
Edmonton at Calgary, 9:30 p.m.
San Jose at Anaheim, 10 p.m.
Phoenix at Los Angeles, 10:30 p.m.
Tomorrow's games
Atlanta at N.Y. Rangers, 7 p.m.
Montreal at Ottawa, 7:30 p.m.
Colorado at Dallas, 8:30 p.m.
Minnesota at Vancouver, 10 p.m.

CAPITALS 3, MAPLE LEAFS 2 (SO)

First Period
1. Toronto, Kulemin 30 (MacArthur, Gunnarsson) 5:37 (pp)
2. Washington, Ovechkin 31 (Laich, Sturm) 11:28 (pp)
Penalties — Carlson Wash (holding) 4:23, Lashoff Tor (delay of game) 9:37, Crabb Tor (hooking) 11:17.
Second Period
3. Toronto, Lupul 14 (Kessel, Schenn) 1:35
4. Washington, Erskine 4 (Hendricks, Bradley) 12:07
Penalties — Chimera Wash, Komisarek Tor (fighting) 12:34, Brent Tor (holding) 15:26.
Third Period
No Scoring.
Penalties — None.
Overtime
No Scoring.
Penalty — Backstrom Wash (delay of game) 4:50.
Shootout
(Washington wins 1-0)
Toronto (0) — Grabovski, miss; Kadri, miss; Kulemin, miss; Lupul, miss. Washington (1) — Backstrom, miss; Hendricks, miss; Ovechkin, miss; Knuble, goal.

Shots				
Washington	9	17	14	1—41
Toronto	5	5	10	1—21

Goal — Washington: Neuvirth (W,27-11-4); Toronto: Reimer (SOL,20-8-5). **Power plays (goals-chances)** — Washington: 1-3; Toronto: 1-2. **Referees** — Tom Kowal, Kevin Pollock. **Linesmen** — Steve Miller, Mark Shewchyk.
Att. — 19,509 at Toronto.

SENATORS 5, FLYERS 2

First Period
1. Philadelphia, Richards 22 (Timonen, Giroux) 3:40 (pp)
2. Ottawa, Foligno 14 (Spezza, Kuba) 15:37 (pp)
Penalties — Condra Ott (hooking) 3:17, Holmstrom Pha (fighting), Neil Ott (instigating, fighting, misconduct) 4:59, Foligno Ott (tripping) 12:13, Meszaros Pha (interference) 13:59.
Second Period
3. Philadelphia, Richards 23 (Zherdev, Timonen) 15:56 (pp)
4. Ottawa, Shannon 11 (Spezza, Kuba) 18:22 (pp)
5. Ottawa, Butler 8 (Smith, Spezza) 19:46
Penalties — Hartnell Pha (holding) 2:47, Lessard Ott (tripping) 7:32, Benoit Ott (hooking) 11:32, Michalek Ott (high-sticking) 14:24, Syvret Pha (holding) 17:02.
Third Period
6. Ottawa, Spezza 20 (Shannon, Butler) 8:03 (pp)
7. Ottawa, Michalek 18 (Winchester, Hale) 18:42 (en)
Penalties — Meszaros Pha(high-sticking) 1:14, Carcillo Pha (holding) 7:12.

Shots on goal by				
Philadelphia	5	13	11	29
Ottawa	12	12	12	36

Goal — Philadelphia: Bobrovsky (L,28-13-7); Ottawa: Anderson (W,23-20-4).
Power plays (goals-chances) — Philadelphia: 2-6; Ottawa: 3-5.
Referees — Francois St. Laurent, Don Van-Massenhoven. **Linesmen** — Steve Barton, Scott Cherrey.
Att. — 18,397 (19,153) at Ottawa.

CANADIENS 2, BLACKHAWKS 1 (OT)

First Period
No Scoring.
Penalties — Subban Mtl (hooking) 17:40, Hamrlik Mtl (interference) 19:54.
Second Period
1. Montreal, Cammalleri 18 (Kostitsyn, Mara) 6:55
2. Chicago, Kane 27 (Brouwer, Seabrook) 10:05
Penalties — Toews Chi (interference) 0:46, Stalberg Chi (holding), Kostitsyn Mtl (tripping) 7:42, Subban Mtl (delay of game) 12:45.
Third Period — No Scoring.
Penalties — Kopecky Chi (goaltender interference) 10:17, Kostitsyn Mtl (holding) 13:20.
Overtime
3. Montreal, Subban 14 (Kostitsyn, Cammaleri) 1:13 (pp)
Penalty — Toews Chi (tripping) 0:37.

Shots				
Chicago	9	14	20	—43
Montreal	12	12	9	2—35

Goal — Chicago: Crawford (L,31-17-6) Montreal: Price (W,37-28-6). **Power plays (goals-chances)**@ — Chicago: 0-5. Montreal: 1-4.
Referees — Eric Furlatt, Brian Pochmara.
Linesmen — Tony Sericolo, Pierre Champoux.
Att. — 21,273 (21,273) at Montreal.

BLUES 3, AVALANCHE 1

First Period
1. St. Louis, Backes 30 (Shattenkirk, McDonald) 14:55
2. Colorado, K.Porter 14 (Olver, Duchene) 16:42
Penalties — Reaves StL (tripping) 5:13, Yip Col (elbowing) 10:12, Koci Col, Janssen StL (fighting, game misconduct), McLeod Col, Reaves StL (fighting) 17:33.
Second Period
3. St. Louis, Shattenkirk 9 (Colaiacovo, McDonald) 4:07 (pp)
Penalties — Holos Col (high-sticking) 2:27, O'Byrne Col (cross-checking) 2:39.
Third Period
4. St. Louis, McDonald 20 (Nikitin) 19:20 (en)
Penalties — Wilson Col, Oshie StL (fighting) 5:08, Reaves StL (interference) 8:31, K.Porter Col (fighting), Stoa Col (roughing, tripping), Olver Col, Sobotka StL (unsportsmanlike conduct, misconduct), Jackman StL (roughing, misconduct), Crombeen StL (instigator, fighting, misconduct) 9:17.

Shots				
Colorado	12	6	9	—27
St. Louis	7	12	10	—29

Goal — Colorado: Budaj (L,14-20-4); St. Louis: Halak (W,26-21-7).
Power plays (goals-chances) — Colorado: 0-2; St. Louis: 1-3.
Referees — Stephane Auger, Kelly Sutherland.
Linesmen — Scott Driscoll, Vaughan Rody.
Att. — 19,150 (19,150) at St. Louis, Mo.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Baltimore	4	0	1.000	—
Toronto	3	1	.750	1
New York	3	2	.600	1½
Boston	0	4	.000	4
Tampa Bay	0	4	.000	4

CENTRAL DIVISION

	W	L	Pct	GB
Kansas City	4	1	.800	—
Chicago	2	2	.500	1½
Cleveland	2	2	.500	1½
Minnesota	2	3	.400	2
Detroit	1	3	.250	2½

WEST DIVISION

	W	L	Pct	GB
Texas	5	0	1.000	—
Los Angeles	2	3	.400	3
Seattle	2	3	.400	3
Oakland	1	3	.250	3½

Yesterday's results
Toronto 7 Oakland 6 (10 ings)
Cleveland 3 Boston 1
Kansas City 7 Chicago White Sox 6 (12 ings)
L.A. Angels at Tampa Bay
Minnesota 5 N.Y. Yankees 4 (10 ings)
Texas 3 Seattle 2
Monday Results
Baltimore 5 Detroit 1
N.Y. Yankees 4 Minnesota 3
Texas 6 Seattle 4
Today's games
L.A. Angels (Haren 0-0) at Tampa Bay (Hellickson 0-0), 1:10 p.m.
Seattle (F.Hernandez 1-0) at Texas (C.Wilson 0-0), 2:05 p.m.
Chicago White Sox (Buehrle 1-0) at Kansas City (Francis 0-0), 2:10 p.m.
Boston (Matsuzaka 0-0) at Cleveland (Talbot 0-0), 7:05 p.m.
Detroit (Verlander 0-0) at Baltimore (Bergesen 0-0), 7:05 p.m.
Minnesota (Pavano 0-1) at N.Y. Yankees (Garcia 0-0), 7:05 p.m.
Oakland (Braden 0-0) at Toronto (Litsch 0-0), 7:07 p.m.
Tomorrow's games
Boston at Cleveland, 12:05 p.m.
Oakland at Toronto, 12:37 p.m.
Minnesota at N.Y. Yankees, 1:05 p.m.
Tampa Bay at Chicago White Sox, 2:10 p.m.
Detroit at Baltimore, 7:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	3	1	.750	—
Philadelphia	3	1	.750	—
Atlanta	3	2	.600	½
Florida	2	2	.500	1
Washington	1	3	.250	2

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	4	0	1.000	—
Chicago	3	2	.600	1½
Pittsburgh	3	2	.600	1½
St. Louis	2	3	.400	2½
Milwaukee	1	4	.200	3½
Houston	0	4	.000	4

WEST DIVISION

	W	L	Pct	GB
San Diego	3	1	.750	—
Colorado	2	1	.667	½
Los Angeles	3	2	.600	½
Arizona	1	3	.250	2
San Francisco	1	4	.200	2½

Yesterday's results
Chicago Cubs 6 Arizona 5
Cincinnati 8 Houston 2
Colorado 3 L.A. Dodgers 0
Florida 3 Washington 2 (10 ings)
Milwaukee 1 Atlanta 0
N.Y. Mets 7 Philadelphia 1
San Diego 3 San Francisco 1
St. Louis 3 Pittsburgh 2
Monday's results
Atlanta 2 Milwaukee 1
Chicago Cubs 4 Arizona 1
Pittsburgh 4 St. Louis 3
Today's games
Pittsburgh (Correia 1-0) at St. Louis (Carpenter 0-0), 1:45 p.m.
Arizona (Galarraga 0-0) at Chicago Cubs (Dempster 0-1), 2:20 p.m.
L.A. Dodgers (Billingsley 1-0) at Colorado (Hammel 0-0), 3:10 p.m.
San Francisco (Lincecum 0-1) at San Diego (Stauffer 0-0), 6:35 p.m.
N.Y. Mets (Pelfrey 0-1) at Philadelphia (Blanton 0-0), 7:05 p.m.
Houston (Figueroa 0-0) at Cincinnati (Volquez 0-0), 7:10 p.m.
Washington (L.Hernandez 0-1) at Florida (Volstad 0-0), 7:10 p.m.
Atlanta (Minor 0-0) at Milwaukee (Estrada 0-0), 8:10 p.m.
Tomorrow's games
Houston at Cincinnati, 12:35 p.m.
Colorado at Pittsburgh, 1:35 p.m.
Atlanta at Milwaukee, 1:40 p.m.
N.Y. Mets at Philadelphia, 3:05 p.m.
Washington at Florida, 7:10 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Philadelphia	3	2	1	0	2	1	6
New England	3	1	0	2	4	3	5
New York	3	1	0	2	2	1	5
Chicago	2	1	0	1	4	3	4
Kansas City	3	1	1	1	8	8	4
Toronto	3	1	1	1	5	5	4
Columbus	3	1	1	1	3	3	4
D.C. United	3	1	2	0	5	7	3
Houston	3	0	1	2	2	3	2

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Colorado	3	3	0	0	8	2	9
Los Angeles	4	2	1	1	4	5	7
Real Salt Lake	2	2	0	0	5	1	6
Vancouver	3	1	1	1	7	6	4
San Jose	3	1	1	1	4	3	4
Seattle	4	0	2	2	3	5	2
Chivas USA	3	0	2	1	3	5	1
Portland	3	0	2	1	2	6	1
Dallas	3	0	2	1	1	5	1

Note: Three points for win, one point for tie.
Tonight's game
New England at Vancouver, 10 p.m.

UEFA

CHAMPIONSHIP LEAGUE
Yesterday's results
Schalke 04 5 Internazionale 2
Real Madrid 4 Tottenham Hotspur 0

CONCACAF

CHAMPIONS LEAGUE
Yesterday's result
Saprissa vs. Real Salt Lake

SCOTLAND

PREMIER LEAGUE
Yesterday's result
Rangers 2 St Johnstone 0

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
y-Chicago	57	20	.740	—
y-Boston	54	23	.701	3
y-Miami	54	23	.701	3
x-Orlando	49	29	.628	8½
x-Atlanta	44	34	.564	13½
x-Philadelphia	40	38	.513	17½
x-New York	39	38	.506	18
Indiana	35	43	.449	22½
Charlotte	32	45	.416	25
Milwaukee	31	46	.403	26
Detroit	26	51	.338	31
New Jersey	24	53	.312	33
Washington	21	56	.273	36
Toronto	21	56	.273	36
Cleveland	16	61	.208	41

WESTERN CONFERENCE

	W	L	Pct	GB
y-San Antonio	59	19	.756	—
y-L.A. Lakers	55	22	.714	3½
x-Dallas	53	24	.688	5½
x-Oklahoma City	51	26	.662	7½
x-Denver	47	30	.610	11½
x-Portland	45	33	.577	14
New Orleans	44	33	.571	14½
Memphis	44	34	.564	15
Houston	41	37	.526	18
Phoenix	37	40	.481	21½
Utah	37	41	.474	22
Golden State	34	44	.436	25
L.A. Clippers	31	47	.397	28
Sacramento	23	54	.299	35½
Minnesota	17	61	.218	42

d – division leader; **x** — clinched playoff berth; **y** — clinched division.

Last night's results
San Antonio 97 Atlanta 90
Cleveland 99 Charlotte 89
New Jersey 107 Minnesota 105
Orlando 78 Milwaukee 72
Washington 107 Detroit 105
Boston 99 Philadelphia 82
New York 131 Toronto 118
Chicago 97 Phoenix 94
L.A. Clippers 82 Memphis 81
Sacramento 104 Houston 101
Oklahoma City 101 Denver 94
Golden State 108 Portland 87
Utah 86 L.A. Lakers 85

CURLING

WORLD MEN'S CHAMPIONSHIP

At Regina
Yesterday's results
Ninth Draw
Germany 7 Sweden 6 (extra end)
Scotland 5 China 3
Switzerland 7 Norway 4
U.S. 8 Czech Republic 4
Draw 10
Canada 11 France 5
Norway 7 U.S. 6
South Korea 10 Denmark 8
Switzerland 8 Czech Republic 6 (extra end)
Draw 11
Canada 7 Scotland 3
France 10 China 3
Germany 9 South Korea 3
Sweden 9 Denmark 3

BASKETBALL

NCAA TOURNAMENT

FINAL FOUR
At Houston
NATIONAL CHAMPIONSHIP
Monday's result
Connecticut 53 Butler 41

5 drive

Engine performance

A mix of new and old can be found beneath the Touareg's freshly formed hood. A 280-horsepower 3.6-litre V6 (TSI) carries over as the base gasoline engine.

Still optional is a 225-horsepower 3.0-litre V6 turbo-diesel (TDI) that makes 406 pound-feet of torque.

The TDI is rated at 11.9 l/100 km in the city and 8.0 on the highway, compared with 12.3/8.8 l/100 km for the TSI.

Wider, shorter and lighter

The Touareg is now a bit wider, but shorter than before and has been stretched by about 3.8 centimetres between the front and rear wheels.

However, the greatest singular advancement is in the 160 kilograms that have been excised from the vehicle. Most of the seven-per-cent weight reduction comes from lightening the platform and powertrain as well as a number of key suspension components that are now constructed of aluminum.

4MOTION

All Touaregs come standard with VW's dual-range 4MOTION all-wheel-drive setup that in normal driving situations maintains a 40:60 front-to-rear torque bias. The system also features a locking centre differential that fixes the torque split to maximize traction over slippery terrain.

For 2011, Comfortline, Highline and Execline trim levels are offered. All feature a wealth of luxury content.

▶ The Touareg looks different, for sure, but just as important is that it weighs significantly less. Coupled to a new eight-speed automatic transmission, fuel economy is much improved.

Give this SUV some respect

MALCOLM GUNN
DRIVE@METRONEWS.CA
WHEELBASE MEDIA

Rodney Dangerfield famously complained that he never received a scintilla of respect.

In terms of overall popularity, the Volkswagen Touareg has had the same issue with its 2004-model-year launch.

Perhaps it's the nearly unpronounceable name (Touareg, or Twah-regg, refers to a nomadic Sahara-dwelling tribe), its low-key styling or a price tag that outdistances many of its luxury competitors.

But it could also be that people shopping for vehicles in this bracket are reluctant to spend in excess of 50 large for a Volkswagen, regardless of how proficient it is at churning up the sod.

These folks can cross-shop VW's Audi offshoot for the five-passenger, V6-equipped Q5 sport ute that offers upscale brand name cachet for about the same price as a new Touareg.

Fortunately VW has managed to attract sufficient fans of the marque to invest in an updated second-generation wagon that wraps its rugged underpinnings in a more attractive package.

Now that the slimmed-down Touareg has also been made more attractive and less thirsty, Volkswagen can likely expect more look-sees and a less of the Rodney Dangerfield treatment.

▶ A look at the cargo space of the Touareg.

▶ There's really no such thing as a "base" Touareg since you get leather and a fancy touch screen in the centre stack.

By comparison

Volvo XC60 AWD
Base price: $46,200
Cool and comfy all-weather wagon that focuses on safety, agility.

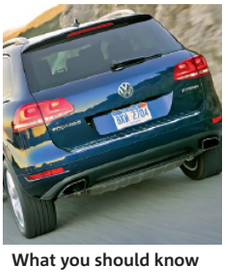
Audi Q5 V6
Base price: $51,700
Touareg's second cousin with a luxurious cabin and Quattro four-wheel-drive.

Lincoln MKX AWD
Base price: $48,000
New-look 2011 model a techno-marvel inside plus plenty of interior space.

WHEELBASE MEDIA

Scan code for more car reviews and news

Touareg



What you should know about the 2011 Volkswagen Touareg:

- **Types:** Four-door, four-wheel-drive sport utility vehicle.
- **Engine (hp):** 3.6-litre DOHC V6 (280); 3.0-litre DOHC V6, turbo-diesel (225).
- **Transmission:** Eight-speed automatic.
- **Market position:** The Touareg slots into the mid-luxury group of sport utility vehicles that includes both genuine off-road-capable vehicles plus so-called soft-roaders that function well in poor weather and/or poor road conditions.

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- Power, heated exterior mirrors

2010 Dodge Grand Caravan SXT shown.§

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INSURANCE INSTITUTE FOR HIGHWAY SAFETY TOP SAFETY PICK 2010

2010 Dodge Journey R/T AWD shown.§

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EVERYONE LEARNS FROM MISTAKES, RIGHT?

Auto Pilot

MIKE GOETZ
DRIVE@ METRONEWS.CA

Humans learn from mistakes — it's part of our survival strategy. This is why disco only happened once, aided of course, by John Travolta's inability to squeeze back into his white pants.

The meltdown of the auto industry in 2008 wasn't entirely the industry's fault, but its subsequent reincarnation affords us an opportunity to see if it, too, has the ability to learn from past missteps.

It obviously had to downsize to meet lower "recession-style" demand, and in cases like Chrysler and GM, just to stay afloat.

But even with modest sales in 2009, lots of automakers turned nice profits. With lower operating costs they didn't have to sell so many units, and by not "over producing" they didn't have to sell those vehicles at "fire sale" prices. Not only is this a better profit model, it's better for the automaker's long-term brand image and health. Can they stick to this plan?

The telltale signs of oversupply are incentives — zero per cent financing, manufacturer rebates, employee pricing, bobble-head dolls for the first 1,000 customers. Automakers don't like incentives, but it's hard to look the other way, when you got product piling up and/or competitors eating your lunch. We're seeing more and more incentives creep back into the market, including many now based on fuel discounts.

Short-term fix or a slippery slope? We'll see. I think most automakers are just trying to adjust to the softer-than-expected rebound of the economy.

Many are sticking to their guns, however, about not "over producing." GM, for example, had a problem keeping up with Chevrolet Equinox and GMC Terrain demand. Both are built at the company's plant in Ingersoll, Ont. But instead of throwing big money at another plant, it addressed the situation with two shrewd moves — adding an Equinox/Terrain line at its Oshawa facility, and introducing the Chevy Captiva, a "fleet only" Mexican-built crossover based on the recently departed Saturn Vue.

CONTRIBUTED

▶ The fleet-only Chevrolet Captiva is part of a plan to help GM overcome supply issues with the hot-selling Chevrolet Equinox and GMC Terrain crossovers.

Another automaker lesson learned since 2008, is don't alienate your suppliers. When automakers downsized, the supplier community suffered collateral damage. The automakers didn't shed too many tears over this, but now that they're in recovery mode and need more parts, the auto parts suppliers aren't too quick to shake hands and make nice.

And then there is the leasing lesson: Ford, GM and Chrysler and others stopped leasing vehicles even before 2008, as they failed to manage the risks of using low, monthly leasing payments to move vehicles off lots. To get low leasing rates, they had to artificially inflate the value of what the vehicle would be worth as a used vehicle at lease end. The automakers' in-house leasing companies were often on the hook for these discrepancies, which was exacerbated by a big batch of identical cars entering the used market at the same time, further depressing values.

Ford, GM and Chrysler are, or will soon be, tipping their toes back into leasing, and we wonder how disciplined they will be this time around.

I'm guessing, way more disciplined, but you never know.

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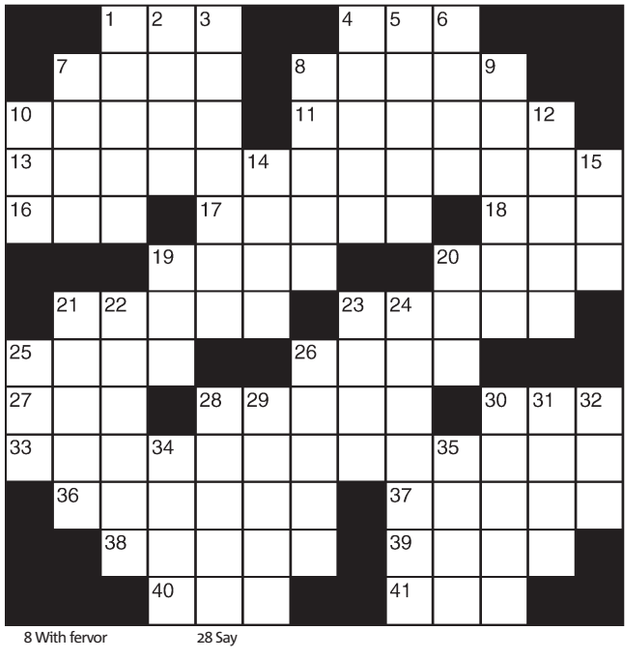
Crossword



Across

1 Cage component
4 More, to Manuel
7 Actress Spelling
8 Island south of Sicily
10 November birthstone
11 Under the weather
13 Binary array
16 Marry
17 Poet James Whitcomb —
18 Pensioned (Abbr.)
19 Bohemian
20 Simple
21 Guys
23 Penniless
25 Coffee shop vessels
26 Satyrlike figure
27 Standard
28 Wrinkly fruits
30 Bando of baseball lore
33 Romantic whisperings
36 Computer style
37 Motorola smartphone
38 Considers
39 Springsteen's "— Fire"
40 Before
41 Chow down

Down

1 Lassoed
2 Alternatives to 401(k)s
3 More than just odd
4 Corn
5 Cats' bailiwick
6 Commotion
7 Color quality
8 With fervor
9 Parka
10 AAA job
12 Silliness symbols
14 Little lice
15 Pigpen
19 Commercials
20 A billion years
21 Elongate vowels, maybe
22 Illiterate
23 Worms, often
24 "The Satanic Verses" author
25 Boom times
26 Disasters
28 Say
29 Travelocity mascot
30 Beezer
31 Not "fer"
32 1960s hallucinogen
34 Duel tool
35 "My Friend —"

▶ Yesterday's answer

B	R	A	T		B	A	D		P	A	S	S
L	I	R	A		E	G	O		A	L	E	E
U	S	E	R		R	E	S	T	R	I	C	T
R	E	S	T	A	G	E		H	E	A	T	H
				A	S	S		G	I	N		
S	T	I	N	K		R	E	S	T	A	R	T
I	O	N			O	U	T			D	U	O
R	E	S	T	Y	L	E		H	A	S	T	Y
				O	E	D		V	I	Z		
E	D	E	M	A		R	E	S	T	O	R	E
R	E	S	T	R	A	I	N		E	V	E	R
A	L	T	O		G	N	U		C	A	N	S
S	I	A	M		E	K	E		S	L	O	T

Sudoku

9			6		8			4
	8		4		5		3	
		7				2		
		1	2		4	6		
6								1
		2	1		6	8		
		8				3		
	3		8		1		4	
2			7		9			5

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	7	2	4	1	9	8	5	6
5	8	9	6	7	2	1	4	3
1	4	6	8	5	3	2	9	7
2	5	7	9	4	8	3	6	1
4	3	8	1	6	7	9	2	5
9	6	1	2	3	5	7	8	4
8	1	4	3	9	6	5	7	2
7	9	3	5	2	4	6	1	8
6	2	5	7	8	1	4	3	9

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Jennifer, You are the most amazing and beautiful girl I have ever seen. Even when your at your worst, you remind me of the rainbow. Your sweet, funny and great to be around. Love you long time boo **LOVE ALWAYS, SB**

Happy Birthday, Sleeping Beauty. Wish you all the happiness and joy for today and always. I treasure all our special moments and look forward to many more with you. With lots of love, J'taime. **PRINCE CHARMING**

i love you xubi! Thank you for being such an amazing husband.. U make everyday beautiful =) ... **LOVE, HINU!**

Dear Marie, Just a small poem to thou from thee. U r amazing it is plain to see, I am very happy that U and I spells we. XOXO **GEMINIGUY**

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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Get it together. Create something amazing over the next day.

♉ Taurus April 21-May 21 Others may worry about the future, but you know that what's to come isn't yet written.

♊ Gemini May 22-June 21 It's always important to get your timing right, and now is the time to make your mark.

♋ Cancer June 22-July 22 Force yourself to make an effort. The results will be surprising, and the rewards will be amazing.

♌ Leo July 23-Aug.23 Find new ways to explore your world. Do something exciting.

♍ Virgo Aug. 24- Sept. 22 While others take risks and look foolish, you weigh odds and make the right moves.

♎ Libra Sept. 23-Oct. 23 Sometimes, you have no choice but to follow someone who has a better proposal. It's that time.

♏ Scorpio Oct. 24-Nov. 22 It's not often that you act on impulse, but you'll do so today. It's all or nothing.

♐ Sagittarius Nov. 23-Dec. 21 Be creative and try something new. Aim high, then go higher.

♑ Capricorn Dec. 22-Jan. 20 If a friend offers you advice, you would be wise to pin back your ear lobes and listen.

♒ Aquarius Jan. 21-Feb. 18 The first idea that comes to mind is the one you must follow, no matter how strange.

♓ Pisces Feb. 19-March 20. If you're brave enough to follow your gut, you might make a fortune. **SALLY BROMPTON**

Caption contest

DAVID T. FOSTER III/THE ASSOCIATED PRESS

KERSTIN JOENSSON/ THE ASSOCIATED PRESS

WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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